




An Introduction to Human Design

By Gavio

Opening Into You



When you stop trying to be
someone you aren't meant to be,
everything changes.

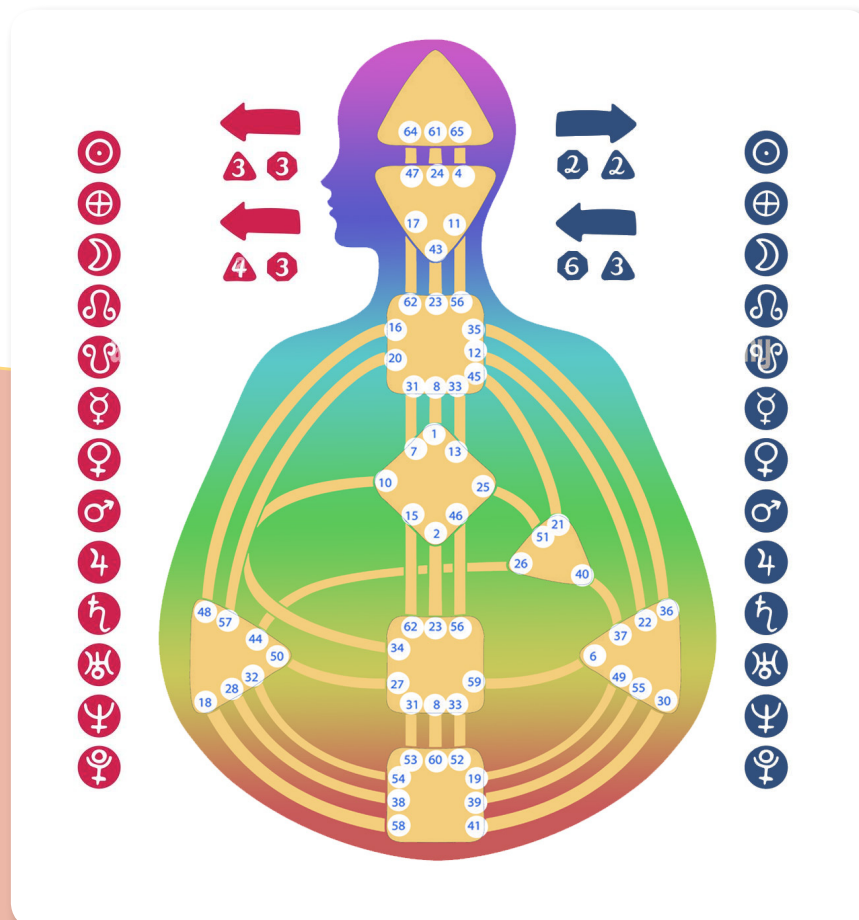
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Why Human Design?

Human Design is a comprehensive self-discovery tool that has its roots in the stew of cosmic energies that shaped each one of us at the particular time and place of our birth. As such, there is overlap with the information found in various disciplines including astrology, the I Ching, Kabbalah, the Hindu-Brahmin chakra system, and quantum physics all of which are lenses through which we can view the results of this confluence of matter and consciousness. Introduced by Ra Uru Hu in 1987, Human Design provides a unique picture of your energetic structure, helping you understand your authentic nature and navigate life more effectively.

Much like in Astrology, in Human Design we start with a chart, often referred to as the BodyGraph, which is unique to each individual. It maps out various centers, channels, and gates, and the positions of each planet or node with respect to those. From this information, we derive the various pieces we will discuss in this booklet - Type, Strategy, Authority, Profile, Gates and Lines. Additionally, these provide a lot more nuanced information and insight about our motivations, shadows, assimilation styles, learning modes and perspectives, which are not in this booklet but which we will dive into in various sessions of Opening Into You.



The combination of these various elements in Human Design offers valuable insights into how we interact with the world, make decisions, and use energy. It helps us to live in alignment with Life, so that we feel supported rather than resisted. Much of what is true and right for us goes against societal pressures or conditioning that we have been immersed in our whole lives. Setting yourself free of the expectation to be different than your essence changes everything - life can be easier, lighter, and more engaging.

More than that, though, Human Design also gives us a language for expressing how we fit together, how we form a functional tribe, and how we can communicate effectively with each other while developing conscious awareness of our gifts. When we can give up the conditioning that keeps telling us we need to do everything ourselves, and focus instead on the parts we are built to do, we set ourselves free. And when we welcome others to do the same, we set them free.

It's about how we are
and how we fit together.



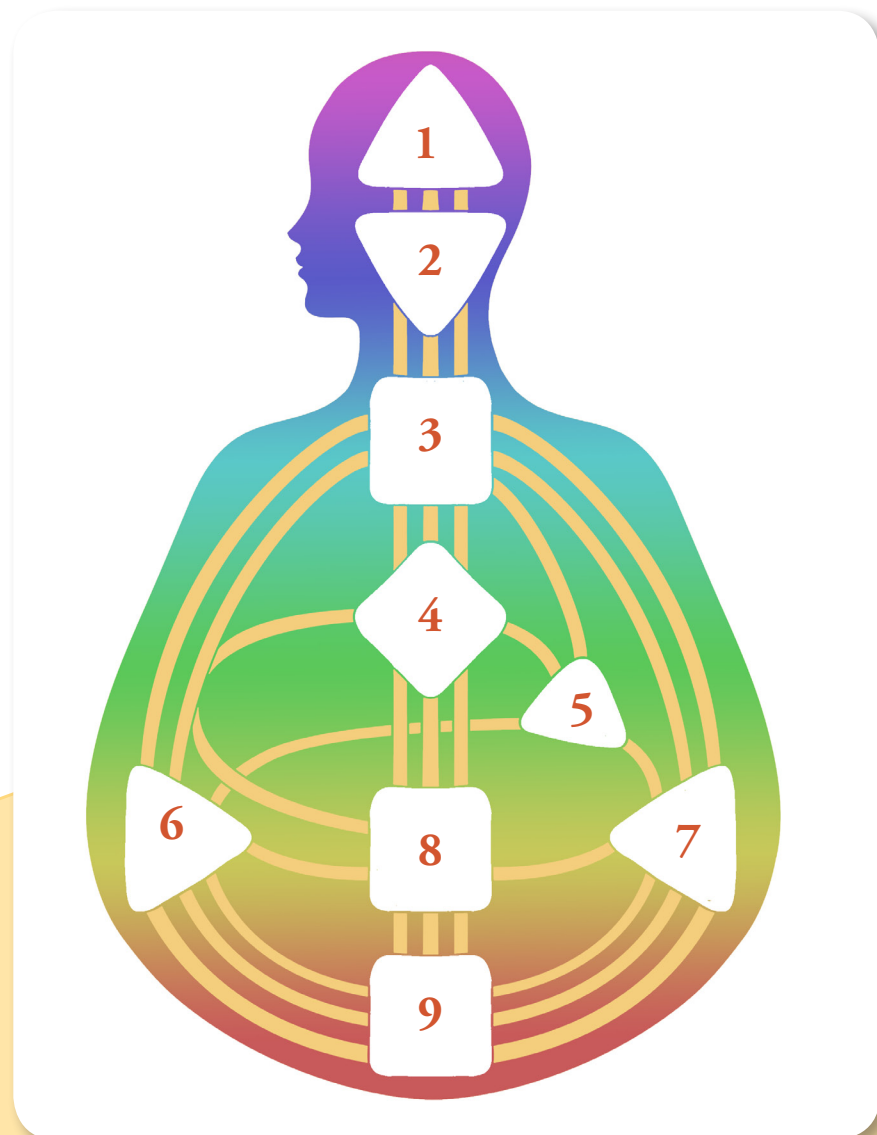
This language invites us to experiment with its insights and observe ourselves in action. As we become clearer about what feels correct and authentic for us, we are able to more fully appreciate what is authentic for others who are wired up differently.

Opening Into You is a journey into how our differences make us stronger as a tribe. We belong together, not by subscribing to a set of beliefs, but through supporting each other in living lives aligned with our true natures.

The Nine Energy Centers

There are 9 energy centers we look at in Human Design. They have the same roots as the traditional 7 chakras, but as we evolved through history we became more complex creatures and two of the chakras split into two aspects. In our chart we will see these centers as defined or open - this is simply a way of understanding how we experience that particular energy. If a center is defined, we experience that energy as a consistent presence, something we can rely on. If a center is open, we will have a variable experience of that energy, affected by people around us, something to explore. When we are together with another, we both experience the combination of all of our defined energy centers.

Which of our centers are defined results from the mix of celestial energies present at the time of our birth. Definition and open-ness in our energy centers is what feeds into our Type, which we will discuss next.





1 - Head Center

The Head Center is the pressure to think, question, doubt, and process information. It is the center of inspiration and our connection to the source.

2 - Ajna Center

The Ajna Center is the conceptualizing mind, where fixed beliefs and flexible concepts reside. It's about how we think, identify patterns and make sense of the world.

3 - Throat Center

The Throat Center is the center for communication and manifestation. It's where we express our thoughts and ideas and get what's inside out into the world.

4 - Identity (G Center)

The Identity Center is the center of essential being, direction, and love. It's about our sense of self, our direction in life, and how we live.

5 - Will (Ego) Center

The Heart/Will Center is the center for ego, willpower, and value. It's about our will to do things, our sense of worth, and how we prove ourselves.

The Identity Center and the Will Center are two faces of the traditional heart chakra - the aspect of being and the aspect of intending.

6 - Spleen Center

The Spleen Center is the center for health, intuition, and survival instinct. It's about our sense of timing, intuition, health, and well-being. It is the energy of being fully alive in the Now.

7 - Emotional (Solar Plexus) Center

The Solar Plexus Center is the emotional center, associated with feelings, emotions, and desires. It's about emotional intelligence and creativity. Emotional energy is uniquely capable of bringing things into being from the field of possibility.

The Emotional Center and the Splenic Center are two faces of the traditional Solar Plexus Chakra - the aspect of the instant and the aspect of eternity.

8 - Sacral Center

The Sacral Center is the center of life-force energy, sexuality, qi and work power. It's about our ability to do things, our vitality, and our endurance.

9 - Root Center

Finally, the Root Center is the adrenal or stress center. It's about the pressure to act and the ability to push through and get things done when the time is right.



Understanding Your Type

One of the fundamental aspects of Human Design is your Type. There are five Types: Generators, Projectors, Manifestors, Manifesting Generators and Reflectors. Each type has an energetic aura that interacts with the world in its own way. Knowing your Type can provide insights into how to create the most favorable conditions to thrive.

If you have joined one of the Opening Into You workshops, you will receive a customized PDF which will provide more detailed information tailored to your specific design. In the workshops we will delve deeply into how we work together to make a complete tribe that is peaceful, supportive, empowering and strong. Our collective contains a balanced number of these types based on what is needed to not only help things flow well, but also to make a truly collaborative creative process possible.

There are 4 basic ways in which our aura interacts with the environment. These derive from the configuration of our energy centers - which are defined and which are open. Auras are essentially either attracting, absorbing, pushing, or sampling. There is a fifth type which combines pushing and attracting.

Generators


Generators, including Manifesting Generators, are the builders of the world, making up about 70% of the population. They have a magnetic attracting aura, which attracts experiences and opportunities to them. Their most effective strategy is to wait to respond to the things Life puts in front of them. Their magnetic aura and constantly renewable life force energy allow Generator types to be formidable accomplisheers.

Generators are characterized by a defined Sacral Center, which provides an internally renewable source of life-force energy that likes to do.

Projectors

Projectors, making up about 20% of the population, are here to guide. Their absorbing aura penetrates deeply into the field around gathering perspective and understanding of what lies below the surface. This penetrating aura can be uncomfortable unless it is wanted so the Projectors strategy is to wait for an invitation. When invited, they can be almost magical in their ability to efficiently guide energy and help the pieces fit together.

Projectors do not have a defined Sacral Center, and experience the energy to act in relation to others or to external sources, such as the sun. As a result, Projectors require a lot of resting time to keep from burning out.



When we embrace
our natural way of being,
Life meets us in a way that feels
supportive rather than resistant.

Manifestors

Manifestors are only about 9% of the population, and are the initiators of the world. They have an aura that is uniquely capable of pushing out into the field, and so they are the only type that is truly designed to start big things. Because this pushing energy of their aura can be uncomfortable for those around them, the Manifestors' strategy is to inform others about their plans before taking action. This helps the auras of those around to relax, and not resist.

Manifestors also do not have defined Sacral Centers. They do not have the built-in stamina to keep going until things are finished - their energy is configured to begin, and then rest until ready to begin again.

Reflectors

Reflectors are rare gems, comprising only 1% of us. They have an aura that is constantly sampling everything in the field, which allows them to be highly adept as evaluators. They are built to be the barometers of the tribe, the ones who instinctively know if we are doing well, and if not, where the issues are. Their ideal strategy is to wait for a full lunar cycle before making significant decisions, as this gives them time to sample and reflect on the energies around them.

Reflectors have no energy centers defined, they experience all of the energies in a variable way, constantly sampling and evaluating.

Manifesting Generators

Manifesting Generators, have a magnetic aura of attraction like Generators, and the defined Sacral Center which provides renewable life force energy to keep going. Additionally they have the capability to push out into the world, allowing them to get ahead of the curve. This makes them ideally suited for finding ways to move ahead faster, to identify steps that aren't needed and to make leaps in the process of doing. Like Manifestors, they do best when they inform others around them what they are doing and why, so that there isn't resistance.

Their configuration results from direct connection between the sacral and throat centers, which takes life force energy directly into expression.

Your Inner Authority

Authority in Human Design refers to your inner decision-making process. It is how you are designed to make decisions that are correct for you, without the influence of the mind's conditioning. We have generally received a lot of culturally induced messages about decision making, such as that we should go with our first instinct, or trust our gut, maybe that we should carefully weigh pros and cons. But all of those things apply only to some people - there is no one single way for everyone to make our best decisions. Our inner authority is the way each of us is configured to make the choices that serve us and help us stay in alignment with Life.

The mind is a tool for identifying patterns and rearranging what is already known. It's great at remembering a recipe, or organizing an office. But when we are faced with the future, the brain is only capable of picturing what it thinks will result from our choices based on what has happened before.

To take into account all of the infinite possibility of Life, we need to know from a place that gets beyond what is already known.

That's what inner authority is for. There are seven types of authority, linked to specific centers in your chart. Understanding your authority can help you make decisions that align with your true self, leading to a life of less resistance and more fulfillment. None of the inner authority types involve thinking with the brain.

For instance, a person with Sacral Authority has a reliable gut response and is configured to know what to do in the present moment. A person with Emotional Authority, on the other hand, needs to ride out their emotional wave before reaching clarity and is configured to know things deeply over time. Splenic Authority is about having intuitive hits for decision-making in an instant, and is configured to know things in exact right timing.

The brain is a powerful tool
for understanding and rearranging
what already exists.

Inner authority is what gives us the ability
to navigate confidently into unknown possibility.



Emotional

Emotional authority results from a defined Solar Plexus center, and over 50% of us have it. People with this authority experience a wave of emotional energy when faced with a choice, and find their inner knowing after that wave passes. This allows for knowing things deeply over time, and finding long-lasting truth.

Sacral

The Sacral center is very responsive to the here and now. Authority coming from this center is about finding what's true in the present circumstance and choosing to move towards that. People with this authority have an open Solar Plexus center.

Splenic

If the Solar Plexus and Sacral centers are both open, and the Splenic center is defined, the result is Splenic authority. This is knowing that happens in an instant, but ONLY in the right instant. People with this authority experience it in their body, and need to acknowledge it and act on it right away because it then fades away. This authority is for knowing things in exact right timing.

Self-Projected

Relatively rare, Self Projected authority is for Projectors who do not have definition in their Emotional or Splenic centers. This authority is all about finding truth by talking it out. People with this authority must have an opportunity to talk through whatever they are facing until they here themselves say what is true for them. This will come in the form of the voice sounding stronger, or feeling clearer or just simply “right on.”

Ego-Projected (or Ego Manifested)

Also quiet rare, Ego-Projected or Ego-Manifested authority requires talking it out. This is finding truth by hearing oneself say it. In this case, though, it will come more in the form of an answer to the question “how is this good for me?” This is finding the truth that benefits the collective by benefiting the self as a reflection of the collective.

Mental-Projected (or No Authority)

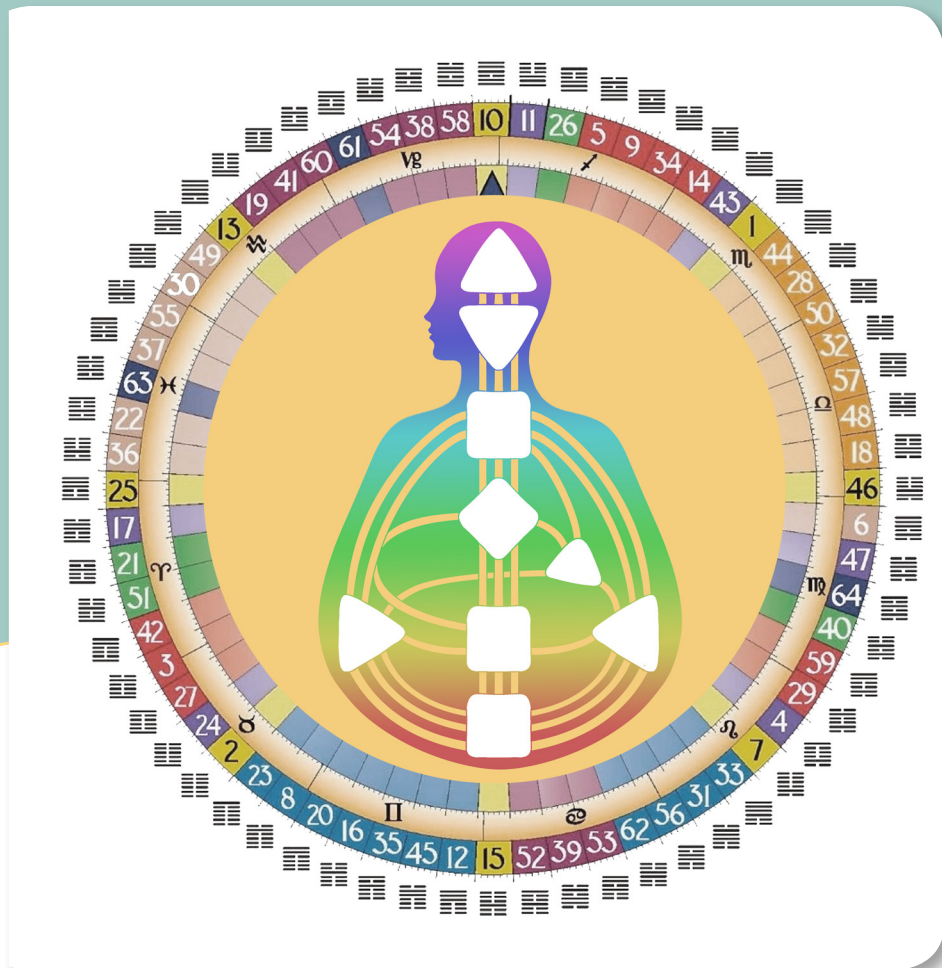
This very unusual form of authority results from having no defined centers below the throat. All that openness leads to an ability to find truth by sensing it from the environment. People with this authority may also need to talk it out, but only to move the energy, ultimately the truth is a thing they sense when they land on it.

Lunar

Only Reflectors have Lunar authority. When faced with big choices, they must wait through a complete lunar cycle in order to experience how things feel in all celestial positions. This authority is about reaching truth that relates to the entire field.

In *Opening Into You* we will dive much more deeply into authority and explore how we can support each other in trusting our unique ways of knowing. To have a functional tribe, we need all these types of knowing to be part of our collective movement forward. Each brings its own flavor to the mix and when we each are following our inner authority, we naturally gravitate to our most powerful place in the tribe.

The 64 Gates



In Human Design, we are looking at the influences of the Earth, Sun, Moon and all the planets as they move around relative to our position, just like in Astrology. Here, however, we see them moving through 64 gates, which show up on our chart in relation to the energy centers. At the time of our birth, the planets were in a particular position, and those energies combine to give our incarnation a unique flavor. The energy of some gates is defined, so they become our steady go-to characteristics, while others are open and those energies are variable, qualities we learn about through experimentation.

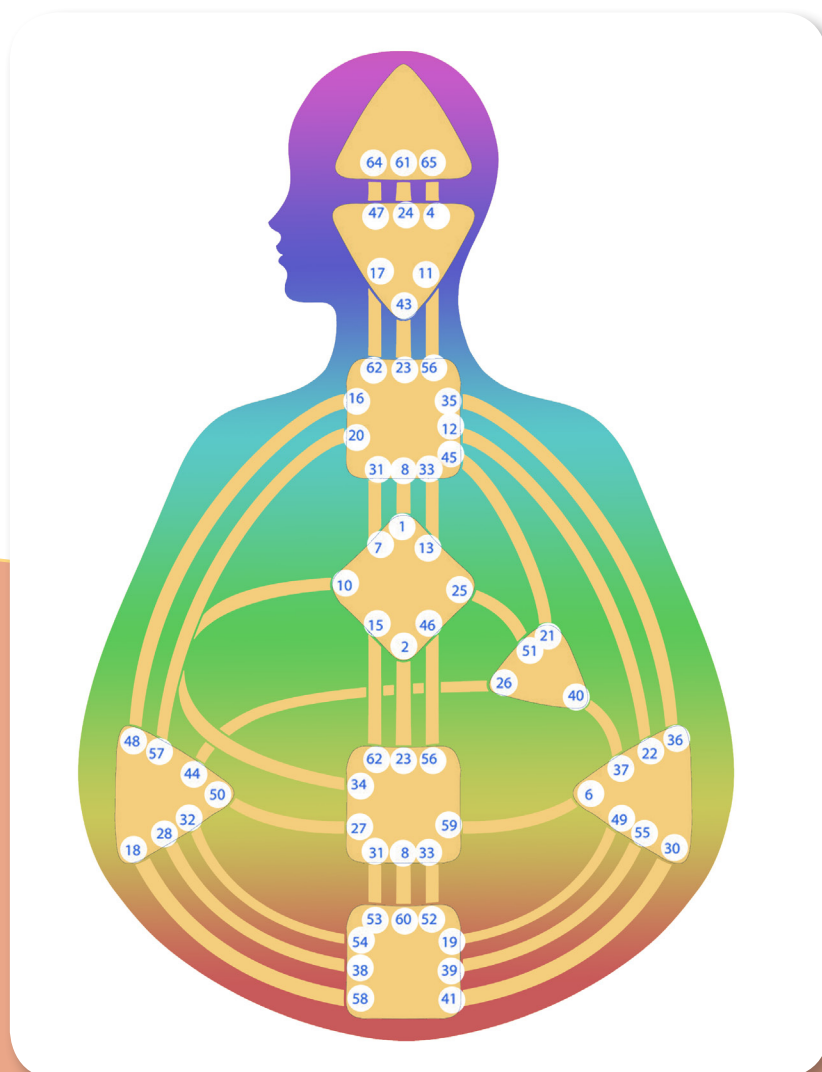
We all have access to all of the energetic aspects of Life, but our composition at birth shapes what parts are steady and what parts are variable.

As the planets continue to move around us (relative to our point of view) they cycle through these 64 gates over and over. As this occurs, they activate these energies in us, so our sense of what's alive for us is always in flux. These are called transits, and deeply shape our life journey.

These gates are also reflected in the chart, each connected to an energy center. Much like in Astrology, that is because the characteristic of life each represents is broadly connected to a particular life energy. So if, for example, you have Mars passing through Gate 8 at the time you are born, then in the chart we will see that showing as definition in Gate 8 on the Throat Center on your conscious (Personality) side. This would translate into you having the characteristics of Gate 8 (a lot about creative expression) showing up in the work aspects of your life on a regular basis, and you would most likely see yourself that way.

In *Opening Into You*, we will begin by gaining fluency in understanding our composition - how we came in. Your individual expression of any of these energies will be unique.

As we progress in the journey, we will also explore the influences of the regular transits of the celestial bodies through the gates and lines, as well as the influence of the people who we come in and out of contact with. When we are in a group, we activate channels, gates, and even centers that none of us have on our own - we literally create a fuller potential for creativity and problem solving.



The Six Lines

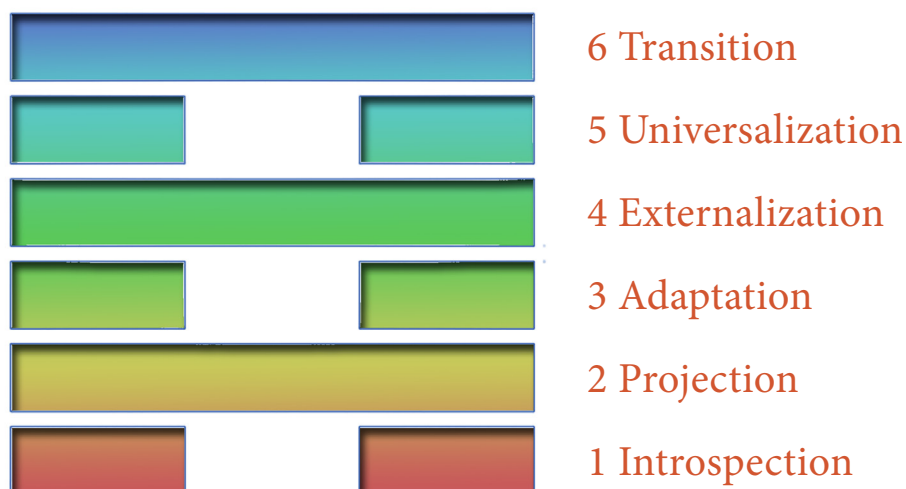
As any given celestial body transits through a gate, it passes through 6 phases. We call these the Lines, and they correspond to the 6 lines that make up the 64 hexagrams of the I-Ching. The lines inform a stance or position relative to the consciousness around us.

The progression through the lines from one to six represents a journey from the roots of understanding through the personal, interpersonal and ultimately to spiritual perspective. So in essence, as each celestial body passes through any given gate, it passes through each of these six aspects of the journey from the roots to the spirit, then starts at the roots in the next gate.

These 6 lines underlie every aspect of our design and affect how we perceive the world, what motivates us, how we process information, where we are most comfortable and who we best relate to. They paint a coat of color on each different aspect that is expressed – that color being some stage of the progression.

There isn't a hierarchy to them, they are all equally important. We may experience line 1 energy in one part of our design, and line 5 energy in another part.

To put it together, if at birth, the sun is in the 3rd line of the 7th gate, these energies will produce a characteristic of being seen as a leader (gate 7) who is on the leading edge of exploration (line 3). How the individual person expresses that is uniquely affected by a huge amount of factors including childhood experience, family dynamics, social opportunity and the influences of other characteristics similarly embedded in their composition.





Line 1 - The Investigator or the Resource

The energy of line 1 is all about getting down into the roots of things. It is very foundational energy, that wants to find out all about things. This process of learning makes the unknown known thus creating a solid base for understanding.

Line 2 - The Hermit or the Responder

The energy of Line 2 is all about the journey within. It is about finding truth inside, and about gaining wisdom through just being. People with this energy need a lot of alone time, and are weakened by not getting enough of it. The more they are in that, the more curious others become and they want to call that energy out to see what it knows.

Line 3 - The Martyr or the Explorer

Line 3 is about the journey between the personal inward process and the transpersonal outward process. It is the energy of looking to see what else is out there. It can often have a flavor of trying things out so that others don't have to. There is wisdom gained from experience, often the hard way because not everything tried ends up succeeding.

Line 4 - The Opportunist or the Stabilizer

Line 4's energy is all about relationships, but in a very foundational way. Line 4 energy likes to go deep, and build networks of connection. This is energy that is good for learning what is below the surface or relations and sharing that experience. It is friendly energy that is attractive to others.

Line 5 - The Heretic or the Visionary Leader

The energy of Line 5 is about projection and can be tricky to understand. This is all about potential, seeing what is possible in others. It works both ways, though, and others frequently see what they think is possible. There can be distortion in this, so the wisdom comes from learning what is possible while remaining connected to what is true now. This is the perspective that motivates us to move forward.

Line 6 - The Role Model or the Adept

The energy of Line 6 is all about the accomplishment of being. Others respond to this energy by seeking to be like it, it is about learning through absorption. The wisdom of the role model energy comes from living, and is not the result of attempting to be any particular way. This energy is the bridge to species consciousness.

Your Profile

In Human Design, your Profile adds another layer of understanding to your Type and Authority. Each Profile is defined by the combination of two of the lines - the lines in which the sun and the earth (our most influential celestial bodies) were positioned when we were formed (Design) and when we were born (Personality).

This combination of lines yields a specific way of seeing and interacting with the world. Some profiles are more inclined to experimentation, others more towards deepening relationships, some lean towards investigation while others are more about acceptance.

Profile is all about HOW you do life, your learning style, how you best interact with others and what you most need to take care of yourself. It can shed light on your strengths and potential challenges, helping you to live in alignment with your true nature.

In Opening Into You, we have a whole workshop just about Profile. So often we bump up against moments where we wonder why the person we are interacting with can't just "be more like me" and their profile is more often than not where the answer lies. As we become more fluent with those differences in needs, it becomes easier to speak our needs and choices with the clarity that makes them "normal and natural." This helps others feel "normal and natural", healing the illusion of "broken-ness" and making it safer for undefended conversation.

1/3 - Investigator/Martyr

1/4 - Investigator/Opportunist

2/4 - Hermit/Opportunist

2/5 - Hermit/Heretic

3/5 - Martyr/Heretic

3/6 - Martyr/Role Model

4/6 - Opportunist/Role Model

4/1 - Opportunist/Investigator

5/1 - Heretic/Investigator

5/2 - Heretic/Hermit

6/2 - Role Model/Hermit

6/3 - Role Model/Martyr

This is the Beginning

Human Design is not about labeling or limiting yourself or others. The types, profiles, centers, and other elements provide a language for understanding energy dynamics, but they are not meant to put you in boxes - rather they are meant to help you open up to all the potential that is available to you when you stop fighting against your natural constitution.

There is no design that is better or more desirable, each unique configuration of human comes with its own gifts and challenges. Life is an opportunity to live out one configuration and experiment with what works best for that unique being. Opening Into You is conceived as an environment that supports you in expanding into what's possible for your experiment.

By doing this together we embrace a vision of what's possible for our collective human experiment. Who can we be together?

Human Design is an extraordinarily complex system and you could spend years digging into various aspects and still not have it all. It is most of all a language for naming and talking about what is at play in the living of human life. It is not necessary to learn all of it, or even close to all of it. Probably 20% of what's available to learn does about 80% of the work of shining light on how you are built and how you best relate to the people in your networks, groups, families and tribes.

Opening Into You is an exploration of those important parts of our composition that most affect how we learn to live work and play together.

The Foundations workshop is the beginning, a doorway into an expanded awareness of the essence living in us, and in those around us. We have workshops coming up on many aspects of Human Design including Profiles, Motivation, Perspective, Environment, Shadow, Transits and so much more.

Ultimately, this is about setting ourselves free. It is simultaneously a call to awaken to our potential and a permission slip to be exactly who we are.

www.openingintoyou.com